



3 Doors Down - Picton Support Centre

Monday- Friday 10:00am - 3:00pm

333 Main Street

Picton, ON K0K 2T0

(613) 471 - 1347/3dd@psseo.ca

MAY

Su	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i> 10:30 AM Managing Stress 12:00 PM Lunch - Tuna Melts 1:00 PM Cards	<i>2</i> 10:30 AM Personality Types 12:00 PM Lunch - Chicken Wraps 1:00 PM Painting	<i>3</i> 10:30 AM Spring Forward 12:00 PM Lunch - Chicken Lasagna 1:00 PM Walking Group	<i>4</i> 10:30 AM Garden Day 12:00 PM Lunch - BBQ Sausages & Potato Salad 1:00 PM Garden Day cont'd	<i>5</i>
<i>6</i>	<i>7</i> 10:00 AM Wii Fit & Weigh-in 11:00 AM Mental Health Group 12:00 PM Lunch - Breakfast Wrap 1:00 PM Cards Closed @ 2 PM for Groceries	<i>8</i> 10:30 AM Goal Setting 12:00 PM Lunch - Chicken Caesar Salad 1:00 PM Scrabble	<i>9</i> 10:30 AM Healthy Relationships (evaluating) 12:00 PM Lunch - BBQ Hamburgers & Fries 1:00 PM Bingo	<i>10</i> 10:30 AM Coping Skills for Grief 12:00 PM Soup & Sammies 1:00 PM Walking Group	<i>11</i> 10:30 AM Seed Starters 12:00 PM Lunch - Spaghetti & Meatballs 1:00 PM Movie	<i>12</i>
<i>13</i>	<i>14</i> 10:00 AM Wii Fit & Weigh-in 11:00 AM Mental Health Group 12:00 PM Lunch - Pancakes & fruit 1:00 PM Cards Closed @ 2 PM for Groceries	<i>15</i> 10:30 AM Closet Cleanout 12:00 PM Lunch - Taco Salad 1:00 PM Scrabble	<i>16</i> 10:30 AM Healthy Relationships (abuse/abuse cycle) 12:00 PM Lunch - Spaghetti 1:00 PM Monopoly	<i>17</i> 10:30 AM Positive Thinking 12:00 PM Lunch - Homemade Pizza 1:00 PM Walking Group	<i>18</i> 10:30 AM Wii Fit 12:00 PM Lunch - Chicken Wraps 1:00 PM Walking Group	<i>19</i>
<i>20</i>	<i>21</i> CLOSED	<i>22</i> 11:00 AM Site Meeting 12:00 PM Lunch - Chicken Fajitas 1:00 PM Movie & popcorn	<i>23</i> 10:30 AM Healthy Relationships (ending relationship) 12:00 PM Lunch - Fish & Chips 1:00 PM Painting	<i>24</i> 10:30 AM Grounding Exercises 12:00 PM Lunch - Shepherds Pie 1:00 PM Humane Society	<i>25</i> 10:30 AM Acceptance 12:00 PM Lunch - BBQ Burgers & Salad 1:00 PM Scrabble	<i>26</i>
<i>27</i>	<i>28</i> CLOSED	<i>29</i> 10:30 AM Self Esteem 12:00 PM Lunch - Meatloaf 1:00 PM Cards	<i>30</i> 10:30 AM Self Advocacy 12:00 PM Lunch - Spinach Salad 1:00 PM Walking group	<i>31</i> 10:30 AM Problem Solving 12:00 PM Lunch - Tuna Melts 1:00 PM Walking Group		